

**Order by mail:** Request a Mail Order Guide from the NNMCM TRICARE office or any MTF Pharmacy and send your registration form (only sent in once), order form and the written prescription provided by your doctor in the pre-addressed envelop in the guide to:

Express Scripts, Inc.  
P.O. Box 52150  
Phoenix, AZ 85072

*Please make sure that the prescription is written for a 3 month supply with 3 refills.*

**Order by phone:** Have **your doctor** call Express Scripts toll-free 877.283.3858.

**Order by fax:** Have **your doctor** fax your order form and your written prescription to Express Scripts using the following information:

**Within the United States 877.895.1900**

**Outside the United States 602.586.3911**

If your doctor is faxing your prescription, please ensure that the office:

- Does not use colored prescription pads, as they do not fax clearly.
- Clearly identifies the doctor who wrote your prescription.
- Clearly identifies that the fax is coming directly from their office (by law, faxed prescriptions can be accepted from doctor's offices only).

**Order Online:** Have **your doctor** fax your order form and your written prescription to Express Scripts using the following information:



**NATIONAL NAVAL  
MEDICAL CENTER**  
**8901 Wisconsin Avenue**  
**Bethesda, MD 20889-5600**



For additional information about the Mail Order Pharmacy Program at NNMCM, please visit our TRICARE office at  
Building 9, Deck 1  
or the TMOP website  
<http://www.express-scripts.com/TRICARE>  
866-363-8667

# Pharmacy Mail Order Program



**National Naval  
Medical Center**

**Serving You and Our Nation's Leaders**

# TRICARE

## Mail Order Pharmacy (TMOP) Program



Under the TRICARE Program, beneficiaries and their families have three main options for prescription orders and refills:

1. Prescriptions can be picked up at any **local MTF** for **\$0** co-pay for all carried medications (on the MTF's formulary).
2. Prescriptions of up to a **30 day supply** can be picked up at a **retail pharmacy setting** for a co-pay of **\$3** for a generic medication and **\$9** for a brand medication. (**\*Active Duty has \$0 co-pay**)
3. Prescriptions can also be filled for up to a **90 day supply** (\*30 day on controlled medications) via the TMOP **mail order** service and delivered to any address for a co-pay of **\$3** for generic and **\$9** for brand medication. (**\*Active duty has \$0 co-pay**)

The **TMOP Program** at NNMCM is a great way to save both time and money on prescription drugs that you take for long-term and on-going medical conditions. *Please use an MTF or network retail pharmacy for prescriptions you will take only once or need to begin immediately, such as an antibiotic.*

The great benefits of this program include:

### **Convenience:**

- Prescriptions can be filled by mail and subsequent refills by mail, phone or online.
- Standard shipping and handling are free and expedited service for an additional charge.
- Delivery of prescriptions can be made to any U.S. or overseas postal address. This is very convenient if you are deployed or are traveling to another state or country.
- No long waiting lines, parking and driving frustrations.
- Most Non-Formulary medications not carried at the local MTF can usually be filled via the TMOP program (\*May call the 800 number to verify)

### **Safety:**

- All prescription orders are verified Registered pharmacists for accuracy and safety.
- Prescriptions are shipped in plain, weather-resistant pouches for your protection and privacy.
- A registered pharmacist is always available to answer your questions or address your concerns.

### **Cost Effectiveness:**

- Prescriptions of up to a 90-day supply can be ordered for the same copayment as that of a 30-day supply at a retail pharmacy. This is a considerable savings benefit

First time you need to:

1. Request a Mail Order Guide from the Tricare office or MTF Pharmacy.
2. Complete the registration form (located in guide) that only needs to be done once.

How to process your prescription:

1. Mail your prescription in the preaddressed envelope in the mail order guide (make sure the script is written for a 3 month supply with 3 refills).
2. Or, ask your doctor to fax your new prescription directly to Express Scripts.

Refill Process:

1. Order refills by phone (866-363-8667).
2. Order refills over the internet ([www.express-scripts.com](http://www.express-scripts.com)) which will require a brief registration process to ensure patient privacy and protect your medical information.

Payment:

1. Can be paid by credit card, check or money order.

**PLEASE NOTE:** *If you are covered by other health insurance (OHI) with a prescription drug benefit, you may not use TMOP unless the other plan does not cover the medication needed or you have exceeded the dollar limit of coverage under that other plan.*